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SUBJ/PUBLIC AFFAIRS-NAVAL SERVICE MEDICAL NEWS (NSMN) (95-48)//  
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RMKS/1. THIS SERVICE IS FOR GENERAL DISTRIBUTION OF INFORMATION  
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MESSAGE HAS BEEN COORDINATED WITH THE COMMANDANT OF THE MARINE  
CORPS (CMC). THE COMMANDANT HAS AUTHORIZED TRANSMISSION TO  
MARINE CORPS ACTIVITIES.

2. HEADLINES AND GENERAL INTEREST STORIES THIS WEEK:  
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HEADLINE: Navy Medicine Providing Humanitarian Assistance OnLine  
BUMED Washington (NSMN) -- The Navy Medical Department  
provides care to Sailors and Marines ashore, afloat, beneath the  
sea, in the air and in space. It also has a long tradition of  
providing humanitarian assistance to those in need, both overseas  
and at home. Providing assistance in cyberspace is a new  
adventure for the nation, the world medical community and the  
Navy. But through individuals such as CAPT Stephen Cunnion, MC,  
Navy medicine is meeting the need in this newest environment.

On 10 April 1995, an email message from China went out on  
the 'net, asking for assistance in making a diagnosis for Zhu  
Ling, a Chinese woman with a severe but unknown illness.

Cunnion, an assistant professor of epidemiology and  
biostatistics at the Uniformed Services University of the Health  
Sciences, responded that same day with a suggestion of thallium  
poisoning. He was the first of 84 respondents to suggest this,  
and he was correct.

Zhu Ling's story is now on a Web page  
<<http://www.radsci.ucla.edu/telemed/zhuling/index.html>> and

includes the original email, diagnosis and treatment rendered through the Internet, and the message: "ZHU Ling is conscious now. Your input helped!"

-USN-

HEADLINE: Naval Hospital Lemoore's Wellness Program Recognized  
NAVHOSP Lemoore, CA (NSMN) -- Naval Hospital Lemoore's holistic wellness program recently received first place in its category from the California Central Valley Wellness Council's "Excellence in Work Place Wellness."

"Our goal is to educate and support people so they can make responsible and healthy choices that will lead to an improved lifestyle," said Lemoore's Health Promotions Officer LT Jeff McNeil.

The Council, composed of over 200 employers, several health maintenance organizations and health insurance companies committed to health promotion, selected Lemoore's program as tops in the large organization, new program category, citing the depth and total involvement in the program at Naval Hospital Lemoore. "We were impressed with the partnership between the Navy's employees and employer," said Gary Carozza, director for Community Health, Fresno County, and one of the contest judges. "The depth of their program is both beneficial to improve work productivity and employee morale."

"The secret of success is having top-level support from Naval Hospital and Naval Air Station Lemoore and a staff that is willing to put out 100 percent," said McNeil. "I've been blessed to be surrounded by both."

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HEADLINE: Naval Medical Clinic Holds Annual Health Fair  
NMCL New Orleans (NSMN) -- On 30 November 1995, Naval Medical Clinic New Orleans held its annual Health Fair. This year's highly successful event was kicked off by Naval Medical Clinic New Orleans' Commanding Officer CAPT Jerry B. Adkinson. The location was strategically placed at the Navy Exchange complex to better serve our customer population, which includes active duty, Reserves, retirees, family members and DOD civil service employees. Representatives from the Naval Medical Clinic New Orleans, Branch Dental Clinic Pensacola, FL, and area health associations worked together as a team to bring about the success of the Health Fair.

Customers were able to participate in cholesterol testing, blood pressure screening, smoking cessation, women's health issues, stress management, suicide prevention, muscle strength and joint flexibility testing, weight control, and nutrition information. Participants especially appreciated the opportunity to obtain cholesterol testing and nutrition information. With today's focus on healthy eating, the cookbooks and recipes from the American Heart Association were a hot item.

The clinic's Health Benefits Advisor was on hand to answer the many questions on CHAMPUS and the soon-to-be-implemented TRICARE. Many positive comments were made by the attendees regarding all aspects of the Health Fair, according to Janey

Mistich, Naval Medical Clinic New Orleans' health promotion coordinator.

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HEADLINE: Making "Otorhinolaryngology" a Household Name

NMC Portsmouth, VA (NSMN) -- "Otorhinolaryngology," the medical discipline that treats the ear, nose, throat, head and neck can be a pretty daunting word. Most people call it "ENT" for "Ear, Nose and Throat." The ENT staff at Naval Medical Center Portsmouth wants to make getting otorhinolaryngology care easier to get, not just easier to say.

During the past year, the ENT department has made tremendous strides to maximize convenience to its patients. They've done well -- during a time when an efficient clinic can see about 35 patients per day per doctor, the ENT doctors see 42 per day -- with a fraction of the support staff.

According to LCDR Janice Adams, nursing coordinator for the ENT department, the effort has succeeded because the staff adjusted its focus from what had always been done in the past to what needed to be done for the patients coming in each day. Patient profiles, existing assets, and civilian practice standards all played a large role in determining how the ENT department should operate. Ultimately, patients' needs, from both a clinical and a convenience standpoint, became the governing force for the department.

The most obvious improvement is probably the establishment of a telephone triage doctor. All ENT patients are given a phone number to call after their treatment. The triage duty rotates among each of the doctors, so that every day there is a doctor whose sole clinical responsibility that day is to answer telephone questions from patients and other caregivers. Adams says that 60 percent of the patients who talk to the triage doctor do not have to come in once they hang up, cutting back significantly the number of walk-in patients.

Another major success has been the elimination of follow-up appointments for patients who have had tonsillectomies or had pressure-equalizing (PE) tubes inserted. Formerly, all patients undergoing these procedures had to return to the ENT clinic a week later for a follow-up check, usually to find that nothing was wrong.

"The civilian community doesn't do tonsillectomy and PE follow-up visits, and with a triage number that they can call at any time, there's no reason why we should make these people come in, either," Adams said. "We do do a lot more patient education. We show the patients a video of what to expect after their surgery and give them very precise written instructions. By not making them come in to the clinic, we free up literally hundreds of appointments for other patients."

The ENT department has found other ways to make care more convenient for their patients. As a referral site for TRICARE Region 2, the department has an agreement with Army and Air Force hospitals in North Carolina so that patients needing ENT care can be bused up together, seen on the same day, and returned home as soon as possible.

Preventive care and screenings play a major role for the revamped ENT clinic. "We had our first head and neck cancer screening this November," Adams said. "We had over 75 patients come in on a Saturday to be screened, and we found about six possible cancer cases -- that's a very good result."

As might be expected, members of the ENT staff have had to step out of their traditional roles to facilitate this effort. Adams went beyond what would have been her typical role of administrator and personnel manager to act as the case manager for the clinic. As the nursing case manager, Adams monitors the care prescribed for all newly diagnosed head and neck cancer patients seen in the ENT clinic. She provides the continuity for these patients, who must come in more often for treatment, often from outside the Hampton Roads area. She schedules appointments for consultative services outside the ENT clinic, arranges medevac or other transportation for patients, provides patient and family educational information, and makes follow-up phone calls to monitor her patients' status.

In turn, enlisted members have expanded roles. "The first class corpsmen are taking care of all of the personnel matters, which gives them the experience they need to get promoted," Adams said.

The staff of the ENT department continually seek new ways to increase their effectiveness. CDR Fred Lassen, head of the ENT department, is pleased with the clinic's new approach: "We have increased appointment availability, improved satisfaction of both patients and staff, and grown together into a true patient-centered department."

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HEADLINE: Navy Medicine's Coordinator for Tumor Registries Named NAVHOSP Pensacola, FL (NSMN) -- Pensacola native Ms. Brenda Beck, manager of Naval Hospital Pensacola's Tumor Registry Program, has been appointed as the Navy liaison representative and Automated Cancer Tumor Registry (ACTUR) coordinator for the Navy Medical Department, according to an appointment letter from the Bureau of Medicine and Surgery in Washington, DC.

Beck will also serve as the Navy Tumor Registrar representative to the ACTUR Coordinator Committee established by Dr. Stephen Joseph, the Assistant Secretary of Defense for Health Affairs.

Her duties include serving as the Navy's point of contact for ACTUR for all Navy Tumor Registries and representatives from the Departments of the Army, Air Force and Defense. She will advise Navy Tumor Registries on ACTUR matters; coordinate training for Navy tumor registrars and other personnel; and represent the Navy Medical Department at meetings of the ACTUR Coordination Committee, according to the appointment letter.

Currently, Beck serves as program chairman of the Department of Defense's Cancer Registrar's annual training program, which is scheduled to be held in May 1996.

She has been Naval Hospital Pensacola's cancer program manager in the Tumor Registry since it reopened in January 1994. Beck oversees management of all naval hospital's Tumor Registrars

and a total combined database of more than 41,100 active cases reported to the National Cancer Data Bank, the American College of Surgeons Commission on Cancer and the applicable Florida Cancer Data System.

Beck "provides one-on-one counseling for all newly diagnosed cancer patients in adjusting their lifestyles and mindsets to maximize their quality of life," she said. She also "works closely with the American Cancer Society, National Institute of Health and National Cancer Institute in obtaining any needed educational materials."

She assists in chairing the "Reach Out to Live" support clinic, which meets at the naval hospital on the second Tuesday of each month.

The Pensacola native is also an active member of the Florida Tumor Registrar's Association and the National Cancer Registrar's Association.

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HEADLINE: U.S. Navy Band Holiday Concert to be Broadcast Live  
CHINFO Washington (NSMN) -- Nearly one million cable subscribers, military service members and their families across the United States will be able to watch the U.S. Navy Band's Holiday Concert live via satellite from D.A.R Constitution Hall, in Washington, DC, this weekend.

The concert, titled, "The Most Wonderful Time of the Year," is being made possible through the use of a special closed circuit network of cable systems serving major Navy and Marine Corps communities. It will air on Saturday, 16 December, from 8 p.m. to 9:30 p.m., Eastern Standard Time.

This is the first year cable viewers will have the opportunity to view the concert using this technology. The annual holiday concert has traditionally been "standing room only" for the 3,500-seat auditorium.

The special broadcast has been arranged by the Naval Media Center, in Washington, DC, in cooperation with the Navy Chaplain Corps, the Naval Supply Systems Command and the Navy Exchange Service Command.

Major installations scheduled to receive the live broadcast include: Naval Base Norfolk, VA; Naval Station (NAVSTA) Oceana, VA; Naval Station Mayport, FL; Naval Education and Training Center Newport, RI; Naval Training Center Great Lakes, IL; Naval Base San Diego; Naval Station Everett, WA; and Submarine Base Bangor, WA.

The program will also be carried on a tape-delayed basis at Camp Pendleton, CA, and Naval Base Pearl Harbor, HI. Armed Forces Radio and Television Service will also tape-delay the broadcast for airing later during the holiday season to its worldwide overseas and deployed audiences.

For additional information on when the program will air in your viewing area, consult your local listings, on-screen viewing guide, or contact your local cable operator.

Programming Notes:

Sub Base Bangor (CH 3); Naval Station Everett (CH 29); NTC Great Lakes (CH13); NAVSTA Mayport (CH 24,25); NETC

Newport (CH 16, 9); Norfolk Naval Base (CH 11); San Diego Naval Base (CH 7 - Americable; Public Access Channel - Southwestern Cable).

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HEADLINE: Naval Institute Essay Contest Leads the Way

USNI Annapolis, MD (NSMN) -- To encourage research, new thinking and writing on the topic of leadership, the U.S. Naval Institute invites entries to its 22nd annual Vincent Astor Memorial Leadership Essay Contest for junior officers and officer trainees of the U.S. Navy, Marine Corps and Coast Guard. Entries must be postmarked on or before 15 February 1996.

The first-prize winner receives \$1,500, a Naval Institute Gold Medal and a life membership in the Naval Institute. The first honorable-mention winner receives \$1,000 and a Silver Medal. The Naval Institute awards \$500 and a Bronze Medal to each of two second honorable-mention winners.

The first-prize essay will be published in "Proceedings," the Naval Institute's monthly magazine. The Naval Institute's editorial board may choose to publish certain honorable mention essays in any given year. The editorial board may, from time to time, publish collections of the award-winning essays and other essays in book or pamphlet form.

The contest is open to commissioned officers, regular and Reserve, in the Navy, Marine Corps and Coast Guard in pay grades O-1 through O-3 at the time essay is submitted and those officers within one year of receiving their commission.

Essays must be original, typewritten on 8.5" x 11" paper, double-spaced and must not exceed 3,500 words. Submit two complete copies. If typed on a computer, also submit the entry on an IBM-compatible disk, indicating word-processing software used.

Send entries by 15 February 1996 to: Executive Director (VAMLEC), U.S. Naval Institute, 118 Maryland Ave., Annapolis, MD 21402-5035.

Your name must not appear on the essay. Add a motto in addition to a title to the essay, in lieu of your name. Write the title and motto on the outside of an accompanying sealed envelope containing a typed sheet giving your name, rank, branch of service, biographical sketch, social security number and office and home phone numbers (if available). Your identity will not be known by the contest judges until they have made their selections.

The Naval Institute's editorial board will judge the essays for depth of research, analytical and interpretive qualities and original thinking on the topic of leadership.

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HEADLINE: HEALTHWATCH: Nutrition Information For You To Digest

NAVHOSP Twentynine Palms, CA (NSMN) -- Naval Hospital Twentynine Palms Dietitian Ms. Elaine T. Grossman, MS, RD, offers the following smattering of nutrition information for you to digest during the holiday smorgasbords.

SUBHEAD: Not tonight -- I have a headache

Sometimes taking drugs to help control migraine and other headaches is just not enough. The positive steps you can take include avoiding some things that trigger migraines and headaches in the first place. This means improving your coping skills and, for most headache sufferers, increasing your exercise. Some foods are noted as possible stimulating factors to the onset of migraines or terrible headaches and you might try to avoid them for a while to see if the change makes a difference. These include alcohol, aged and processed cheese, sour cream, processed or cured meats, food additives (e.g., meat tenderizers, MSG, soy sauce and yeast extracts), chicken livers, peanut products, homemade yeast bread and homemade yogurt, chocolate and several caffeine-containing beverages.

Just because it isn't listed here does not mean that a certain food is not triggering your migraine or major headache. If your throbbing head problems are triggered by foods, you might be able to find it yourself. Start a journal and see if you can find that food which appears in your diet every time you have a headache.

SUBHEAD: The rich get richer, the poor get poorer; the thin get thinner, but the obese have to work hard to gain weight

I had to read the article over several times, but there it was, all wrapped up in lots of scientific talk. The bottom line is that, yes, you will gain weight more rapidly with a specified portion of food if you are thin rather than if you are overweight. However, the major difference is that the obese person will gain fat and the thin person will gain lean body mass. (We knew that.)

SUBHEAD: What are you giving up for those alcohol calories in your diet -- nothing!

At least, so say 92 people in their seven-day journals. Alcohol appears to add calories to the diet rather than replace other foods during moderate consumption of the drink. Alcohol intake was also associated with increasing the length of the meal and, sometimes, added many unregulated calories. As we always thought, a moderate drink can indeed stimulate the appetite.

Remember, one light beer, one ounce of hard liquor or three to four ounces of wine become two teaspoons of fat in your daily intake within 22 minutes of consuming your favorite alcoholic beverage.

SUBHEAD: Who says exercise kills your appetite? Skinny people do -- that's who

Eighteen women were working out in this study. Apparently, some ran for the frozen yogurt and some did not. Results of the study demonstrated for the first time that food intake is reduced immediately after strenuous exercise in non-obese women, but not in obese women. (Again, Mother Nature got it backwards.)

Moderate exercise did not decrease the appetite of anyone. The good news is obvious -- keep on exercising and once you have lost your weight, then increase your exercise program and it will

be easy to keep the weight off.

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3. Professional Notes: Information on upcoming symposiums, conferences or courses of interest to Navy Medical Department personnel and wrap-ups on ones attended. Anyone with information to share in this section should contact the editor (see the last paragraph of this message on ways to do so).

Scheduled meetings:

-- 24-26 January 1996, West '96 -- "Technology and Tactics: Meeting the Fuzzy Threat," the 17th Annual Western Conference and Exposition, San Diego, sponsored by the Armed Forces Communications and Electronics Association and the U.S. Naval Institute. For information, call 1 800 336-4583, ext. 6128,, or (703) 631-6128.

-- 31 January to 4 February 1996, 15th Annual National Training Conference, "United into the Future," Association of Naval Services Officers (ANSO), Naval Training Center BOQ (Admiral Kidd Inn), San Diego. For more information, contact your local ANSO Chapter Representative or LCDR Raul Castaneda at DSN 426-4877, (703) 696-4877.

-- 14-16 February 1996, Recent Advances in Neurology, Sheraton Palace Hotel, San Francisco, sponsored by the University of California. For information, call (415) 476-5808.

-- 17 April 1996, Third Annual Hospice Foundation of America Teleconference -- "Living with Grief: After Sudden Loss." For more information, call Mr. John Dewey, (202) 638-5419.

-- 19-24 May 1996, Health Promotion Training Course, sponsored by the Navy Environmental Health Center, Norfolk, VA. For more information, contact Ms. Becky Washburn, (804) 363-5598; DSN 864-5598.

-- 23-25 May 1996, 12th Annual Current Issues in Anatomic Pathology, San Francisco, sponsored by the University of California. For information, contact (415) 476-4251.

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#### HEADLINE: NADAP Conference Announced

ARC Jacksonville, FL (NSMN) -- The 1996 Navy Alcohol and Drug Abuse Program (NADAP) Conference, will be held at Naval Air Station Jacksonville, FL, the week of 5 February.

The conference, hosted by Naval Alcohol Rehabilitation Center (ARC) Jacksonville and joint chaired by the Bureau of Naval Personnel (PERS-63) and the Bureau of Medicine and Surgery, will feature discussions on all aspects of the Navy Drug and Alcohol Program, including prevention, detection and deterrence, training and education, treatment and rehabilitation, aftercare and evaluation.

Anticipated attendees include alcohol and drug control officers, counseling and assistance center directors, key staff members from ARCs and Alcohol Rehabilitation Departments and others with significant drug and alcohol program responsibilities. Representatives from the Marine Corps and Coast Guard are also invited. This conference is not intended for drug and alcohol program advisors or urinalysis coordinators.



For more information, contact Dr. Kennedy or LCDR Turner at ARC Jacksonville, DSN 942-4889, (904) 772-4889; Mr. Mahan at PERS-63, DSN 224-8008, (703) 614-8008; or Mr. Young, BUPERS DET DAPMA, DSN 524-8116, (619) 524-8116.

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HEADLINE: ANSO's 15th Annual National Training Conference

ANSO Washington (NSMN) -- The Association of Naval Services Officers (ANSO) will hold its Annual National Training Conference from 31 January to 4 February 1996 at the Naval Training Center BOQ (Admiral Kidd Inn) in San Diego. This year's conference theme is "United into the Future."

ANSO's goal is to support the recruiting, retention and career development of Hispanic and other minority officers. Membership is open to all regular, Reserve and retired Navy, Marine Corps and Coast Guard officers.

BOQ reservations may be made by calling DSN 524-5382, (619) 524-5382. For more information, contact your local ANSO Chapter Representative or LCDR Raul Castaneda at DSN 426-4877, (703) 696-4877.

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